



West Valley City Family Fitness Center News

Located in Centennial Park and opened in 1999, the 96,000 square-foot Family Fitness Center is one of the Salt Lake valley's premier fitness facilities. With a variety of equipment, features, activities, and classes, the Family Fitness Center is a state-of-the-art fitness and recreation facility. The Family Fitness Center offers a lap pool, a leisure pool with the state's tallest indoor waterslide, basketball and racquetball courts, an indoor track, cardio equipment, a weight room, a climbing wall, dance and aerobic rooms, and a soft-play "edutainment" room for children.

Outdoor recreation is also available throughout West Valley City at 16 parks and two golf courses. StoneBridge Golf Club, purchased by West Valley City in 2002, is a championship 27-hole corporate golf experience designed by golf pro Johnny Miller. Located in the Lake Park Corporate Centre, this Scottish-links-style course perfectly complements the West Ridge Golf Course, an 18-hole public golf facility. In addition to golf, both facilities also offer pro shops and banquet facilities.

Recreation programs are also available for senior citizens at the Harman Senior Recreation Center. Recently renovated and expanded, the Harman Senior Recreation Center offers a variety of activities, including painting, crafts, exercise, movies, and field trips.

Madden NFL 09 Video Game League

The West Valley City Family Fitness Center and Game Crazy are excited to host the Madden NFL 09 Video Game League. Featuring a Youth Tournament (ages 10 – 15) as well as an Adult Tournament (ages 16 and up), this event is sure to be action-packed fun for the whole family! As many as 32 two-player teams are invited to play the full season. Games will take place on Mondays (afternoons for Youth League, evenings for Adult League).

Registration for the Madden NFL 09 Video Game League is open until September 1 and costs \$10 per player for the Youth League, and \$20 per player for the Adult League. As much as \$2000 in prizes will be awarded in the Adult League; as much as \$800 for the youth league.

For more information or to register, call Kevin at 955-4012 or visit the Family Fitness Center.

After-School and Day Camps for Kids

Field Trips! Face Painting! Western Day! Games! Sports! Friends! Safari Day! Dancing! Roller Skating! Ice Skating!

After School Camp (K-6)

After school camps include sports, games, swimming, rock climbing, study time, and more! Transportation is available from Valley Crest, Monroe, Whittier, and Wright Elementary schools (children from any school may attend, however transportation will not be provided).

\$25 – one week; \$7 – one day

All registrations are due by Wednesday at 1:00 p.m. the week prior to the beginning of camp. No late registrations or date changes accepted.

Kidz Kamp Ages 5 - 11

Camps include sports, crafts, swimming, ice skating/roller skating, rock climbing, and field trips. Lunch and snacks are provided.

Monday – Friday
7:00 a.m. -6:00 p.m.

\$20 per day; \$90 per week (additional children, \$80)
Kidz Kamp for Kindergarten also available. Call for details.



Youth Soccer

Boys and girls ages 3 ½ to 12 years old

\$35 per player includes uniform (jersey, shorts, and socks), team & individual photo, and participation award. Players with a complete uniform will receive a \$10 discount when registering prior to deadline.

August 16 through October 4
Saturdays, 10:00 a.m.

Registration due July 28.

Adult Recreational Softball League

- Games begin August 26; 7 game guarantee
- \$375 per team; maximum 20 players per team
- Registration due August 8

Swimming Lessons

Parent/Infant Classes:

Four 30-minute lessons
Members, \$15; non-members, \$21

Private Lessons:

30-minute lesson - \$15

Semi Private Lessons (up to 3 people):
30-minute lesson - \$20

Competitive Swim Team

Practice times:

M - F, 6:00 – 9:00 a.m.

Members, \$30/month (\$55 for 2 swimmers, \$80 for 3 or more)
Non-members, \$35/month (\$65 for 2 swimmers, \$90 for 3 or more)

For more information about aquatics programs, call 955-4001.

Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Three options to choose from, starting at \$70 for ten kids and two adults. Family Fitness Center members receive a \$10 discount on all party packages. Additional guests may attend for \$4 each. Additional pizzas, drinks, and cakes may be purchased.

Reservations must be made one week prior to event.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

